



Core Energetics

One-on-One Sessions

Incorporating Energy,
Consciousness,
Intention, and
Inspiration

with Valerie Green

A Space to
Process,
Release, and
Heal

"Valerie helped me find ways to work through emotional and mental issues that had consistently brought stress and anxiety into my life... I feel like I'm able to be more kind to myself and more available to others, which has made a big improvement in my general, daily well-being." - Past Participant

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